



3 - July 3



8 - Bombs Away

Surface Force Master Chief makes all hands visits to Sasebo

JOSN Adam Cole
CTF 76 Public Affairs

The Force Master Chief for Naval Surface Forces Command spoke with Amphibious Force Seventh Fleet Sailors June 28 about the CNO's Sea Power 21 vision to develop and deliver a "total force" of better trained, educated and motivated Sailors who will perform critical tasks of the future.

Force Master Chief (SW/AW) Karen H. O'Connor visited crewmembers aboard USS Harper's Ferry (LSD 49) and Sailors of Assault Craft Unit (ACU) FIVE Detachment Western Pacific in what was the first of three days of all hands calls or town hall-style meetings.

O'Connor's message to Sailors was the Navy is making big changes in how it empowers its personnel and that it is important for Sailors to understand and start preparing to adapt to those changes. Ultimately, Sailors must grow into the mold of versatile Sea Warriors—well educated and adeptly able to multitask.

"We are going to begin to create the hybrid Sailor," said O'Connor. "We want to build Sailors who have the right skills

for the billet they will be detailed to."

O'Connor made the trip to Sasebo to reach out on a personal level with Task Force 76 Sailors about new developments within the Navy's training structure.

The all hands calls briefed the Sailors on the variety of ways the Navy is shifting toward a "total force" concept, filling the ranks with "Sea Warriors" who will be more focused, more career driven and ready to meet future challenges than in the past.

According to O'Connor, one of the biggest changes made to establish career goals early, is the elimination of undesignated rates. The Navy is no longer recruiting undesignated firemen and undesignated airmen will be not be recruited after Oct. 1. Detailers will no longer slot new Sailors for these undesignated positions, but instead steer them toward being engineering or aviation rates. Undesignated Seaman are now under review.

"Every Sailor will have a career from the start and can get moving immediately on a career path," said O'Connor.

Education was a big theme for the Force Master Chief. She strongly urged everyone to attain at least an associate's degree and told Sailors that much of their military training is applicable in getting one.

"It's important to always have an element of education in your life," said O'Connor. "Just so you can keep the mind working, always ready to accept new information. And when you get out of the



Force Master Chief (SW/AW) Karen H. O'Connor, Naval Surface Forces, U.S. Pacific Fleet (right) addresses Sailors of Assault Craft Unit Five Detachment Western Pacific (ACU 5-DET WESTPAC ALFA) at an All Hands Call. O'Connor visited ships and units of Task Force 76 in Sasebo to inform Sailors about changes in future manning, career development and the way ahead.(U.S. Navy Photo by JOSN Adam R. Cole)

Navy, it will help immensely."

O'Connor also discussed the Navy's upcoming multi-crew program that assigns two or more crews to a single ship. Multiple crews aboard surface ships, as it's already being done on submarines, allows more flexibility and doesn't impact the mission of the ship or the training of the crew.

The Navy's Perform to Serve program, a force shaping tool to efficiently manage the Navy's ratings, was also on the agenda. O'Connor said the program has been very successful, noting that the

master-at-arms force has more than doubled since the inception of Perform to Serve.

O'Connor ended her call with ACU-FIVE with an expression of gratitude to all those who serve in the Navy's only forward-deployed amphibious force.

"I commend you for putting on that uniform," she said. "It takes a lot to do this job day in and day out. The Sailors of this amphibious group have lived up to and exceeded every mission that we have tasked them with. I am extremely proud of each and every one of you."

Brief Notes

University of Phoenix

On-site and online programs are available, including the new Master's of Management - International program. Call Mike Bormann at 252-3044 for more information, or contact via e-mail at <Mike.Bormann@phoenix.edu>.

USO Notes

Persian Carpet Sale July 8 - 10 at Harbor View Club in the Liberty Room.

USO Auction will be held July 23 at the Harbor View Club. Tickets available at USO Nimitz Park.

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

Scrapbooking Group meets at Nimitz Park USO Mon. July 11, 10 a.m.-2 p.m.

Tobacco Cessation

Every Tuesday in July from 2 - 3:30 p.m. in Training Room B, second floor, Public Works (Bldg. 200). Call 252-2550 to sign up.

DUI Counter:
11 days as of July 7

JOSN Adam Cole
CTF 76 Public Affairs

USS Essex (LHD 2) and USS Juneau (LPD 10) Sailors hosted more than 2,000 Japanese visitors to celebrate America's independence on July 3.

Sailors proudly displayed their ship to visitors as part of Fleet Activities



Damage Controlman Senior Chief (SW/AW) Paul Drummond helps a Japanese girl fit into a firefighting suit aboard USS Essex (LHD 2) July 3. Essex and USS Juneau (LPD 10) hosted more than 2,000 Japanese visitors to celebrate America's independence. (U.S. Navy Photo by JOSN Adam Cole)

Sasebo's (CFAS) open base celebration of Independence Day—one day early.

Aboard Essex, visitors were guided to the hangar bay and the flight deck, stopping at special static displays that showcased various departments on a ship. Represented were deck department, damage control, medical and weapons, among a handful of others.

On Juneau, Sailors provided a guided walkthrough tour that brought the visitors to the mess decks, bridge, well deck, forecastle and operations berthing areas.

"We feel that this is a great way to reach out to the host nation, one that has been very welcoming to us," said Capt. Ronald Horton, Juneau commanding officer. "I think you look around and the Sailors are very proud to present this ship. We like to say it's a '57 Chevy in showroom condition."

Essex Executive Officer, Cmdr. Dorian F. Jones, was equally appreciative about opening his ship's doors to the public.

"This is a great day for Essex," said Jones. "We have been able to create a true community celebration

and share this special holiday with them. You can just tell from the look on their faces they are enjoying themselves."

Many visitors displayed looks of awe during the tour. For most, it was the first time inside CFAS and their first time aboard an American ship.

"The ship is so huge," said Takaya Sasayama, through an interpreter as he toured Juneau.

Volunteers from Fleet and Family Support Center (FFSC) helped bridge the language gap between the ships and the Japanese visitors by providing interpreters.

Essex's damage control department put on the most popular static display. The Essex Damage Controlmen outfitted visitors in complete firefighting ensembles, including the Self Contained Breathing Apparatus (SCBA) for added weight and effect.

"You give them an idea of life more than what they might see on TV, more in depth," said Boatswain's Mate Second Class (SW) Rodolfo P. Barraca Jr. "I think they have a lot better idea now about the conditions and about living here."

Got two minutes? The importance of obtaining your degree

FLTCM (SS/SW) R.D. West
Pacific Fleet Master Chief

In the past it wasn't an easy task to see where you stand in obtaining a higher education degree. Hopefully, after you read this article, you will see just how easy the Navy has made it for you to map out where you are and where you need to go to complete a degree.

Historically, when asking a group at an "all hands call" if they have advanced education, you would see very few hands being raised. As of late when you ask the same question to the same group, you will have at least half and maybe more that will raise their hands.

A college education should be the goal of every enlisted Sailor – whether you're doing a one-enlistment commitment or you're planning on retiring, you will still need a job after your time in the Navy.

Though we are constantly pushing to increase the standard and quality of life for our Sailors, the standard of living at the minimum-wage level is tough.

For instance, an E-1 right out of high

school makes \$13,712.40 in annual base pay. Their civilian counterpart, a high-school graduate working a full-time, minimum-wage job makes roughly \$10,712 a year, and the civilian has to pay rent, medical and dental bills, and doesn't get compensated for food costs or cost of living.

So, to continue life at the level the Navy provides or better, higher education should be at the forefront of your planning for the future.

I have heard so many Sailors state that money for college was a defining factor in their decision to join the military. Yet many of these same Sailors often do not complete a single class while in the military and simply waste time and money after they get out of the service completing a degree.

Why not take advantage of the money that the government has set aside for you to take a college course? What benefit is there in using your GI Bill or Navy College Fund for the courses you could have completed through Tuition Assistance or credit by exam when you can save that money for a higher goal?

Perhaps you are thinking you joined the military because college wasn't for you. But sometimes you need to make concessions for your family and lifestyle. College takes time and effort, but the rewards greatly outweigh the costs.

People have said to me, "Master Chief, I'm in Hawaii – I don't want to sit in a

classroom when I could be at the beach. I'll work on it later." And, predictably, later never comes. More than ever, today's colleges are willing to work with the working adult. From the boom in distance learning programs and classes to schools that accept work experience for credit and require no classes to be taken with the school, colleges are more accessible than ever.

I know you have all heard of the many ways to work on your degree – attending

courses at schools or on base, via distance learning, NCPACE, credit by exam, credit for experience, etc.

So, I am not going to review the programs the military has for you to work on an education. Instead, I'm going to present you a challenge. I want each and every one of you to take one step in working on your degree.

You could do something as simple as having your SMART (SMART = Sailor/Marine American Registry

Transcript) transcript evaluated by a school to see exactly what you need to complete your degree – you could be very surprised with how many credits you already have. Or you could take the plunge and get your tuition assistance form filled out and start your first class. Or you could sign up for a CLEP exam and see exactly how easy it is to acquire credits – all it takes is some study time and a couple hours for an exam.

Can you read and interpret a poem or a literature passage? Try Analyzing and Interpreting Literature for six credits. Do

you come from a Spanish-speaking home? Try the Spanish language exam for up to 12 credits. Have you worked as a DAPA? Give the Drug and Alcohol DSST a go. I know individuals whose life experience was so great and varied, they only needed to review the topics to pass and get credit from many of the exams available.

I really want you to take on my challenge – take that first step toward your degree – regardless of what your plans are after the Navy. There is no reason you cannot get your degree like so many of your shipmates have, without hassle, to help secure your place in an increasingly competitive job market.

You might be surprised how easy it is, and how much you enjoy it, once you begin. Now with the above said, I'm going to tell you just how easy it is to evaluate where you're at on the Education Road Map. First, log onto Navy Knowledge Online (NKO) and under the Learning tab click on SMART transcript.

This will take you to the SMART Transcript page and should show you the courses you have attended. That is a great start but the Navy has taken this capability a little further by adding a link called Sailor/Marine On-Line Academic Advisor or (SMOLAA) this link will allow you to see the Colleges that have partnered with the Navy.

Once you're to this area, it's a click away from knowing how those Navy and civilian courses you've previously taken count towards a higher degree. You will be surprised at how easy this is and how close you are to earning a degree.

I was able to log on and find the map in under two minutes ...only two minutes of your day.

I hope this helps ... I know you're working hard and have PQS, maintenance and qualifications to complete, but I also know if you want this bad enough, it will happen.

Essex Sailors find homes for \$4,000 contributions

JOSN Adam Cole
CTF 76 Public Affairs

eight-month deployment. Essex's Sailor of the Year raised \$4,000.

Countless hours of stitching while underway delivered bright smiles as members of USS Essex (LHD 2) provided some food and fun for kids of three Japanese children's homes July 2 in a community service event held at Fleet Activities Sasebo (CFAS).

The highlight of the event was the presentation of a \$1,334 check to each home.

The contribution was made possible by the efforts of Dental Technician Second Class Mira Lee, now transferred to Recruit Training Command, Great Lakes, Ill., who sewed other Sailors' patches onto uniforms during the Essex's



Damage Controlman Third Class (SW) Jose Genis Gonzalez pours ketchup for a Japanese child at a special feast put on by Essex Sailors July 2 inside Fleet Activities Sasebo's (CFAS) Community and Education Center. The event's purpose was to give a check of \$1,334 to three local children's homes, a generous contribution raised by a former Essex Sailor who sewed patches for donations. (U.S. Navy Photo by JOSN Adam R. Cole)

Essex's Commanding Officer, Capt. Martin J. Keaney, Executive Officer Cmdr. Dorian F. Jones, Command Master Chief Craig Morey, Dental Officer Lt. Cmdr. Dennis Sampson and about 25 other Essex Sailors hosted the children's homes and presented the checks.

"This is a special moment," said Keaney. "I think when you see the smiles on these young kids, it makes you realize what this is all about. The Sasebo community has been extremely caring to the forward-deployed Essex family, and it is wonderful that we can give back to it."

On hand to accept the gift were representatives from the Seifuen, Taiyo-Ryuo and Tenshin-Ryuo children's homes.

"I am excited and very happy to receive this gift," said Ayumi Kawaguchi, of Seifuen, through a translator. According to Kawaguchi, the money may be used to host a festival or go on a big field trip for the kids.

Many of the kids might not have

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
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The Travel & Tours Office has scheduled another COSTCO Wholesale & Torius Shopping trip on Saturday, July 9. You can shop all day long with the COSTCO one-day pass that comes with the trip. All seats are \$12. Remember, COSTCO accepts American Express. Discover the savings! For more information call 252-3433.

Comedians Kelly Moran and Cash Levy are scheduled to perform free at Galaxies on July 14. Kelly, a nationally renowned touring comedian, has shared the stage with stars such as Jim Carey, Chris Rock, Bobcat Goldthwaite and Carrot Top, to name a few. Moran is considered one of the top stand-up comedians touring today. Cash Levy, a versatile singer, actor and comedian, has appeared on national television and was a regular at the Hollywood Improv and San Francisco's Punchline. Looking ahead, comedians Joseph Fox and Lavantor Butler are scheduled to perform at Galaxies on Tuesday evening, July 19. For more information, call 252-2980.

If you ever wanted to go kayaking but lacked the skill and confidence to head for the water, now is your chance to go for it. Staff members at the Outdoor Sailing and Adventure Center are offering another Sea Kayaking class on Saturday, July 16 so you can enjoy this great outdoor sport safely and with confidence. The 6-hour class, from 10 a.m. until 4 p.m., is only \$35 per person. For more information, call 252-3500.

Buy your tickets now for the big Polynesian Entertainment Dinner Show at the Harbor View Club scheduled for Monday, July 18 featuring Ma'ohi Nui. Captivating Polynesian performers will dazzle you with dances of the Islands while you feast on a sumptuous all-you-can-eat buffet. The complete dinner show

package is only \$15.95 for adults and \$6.95 for children 4-10. The dinner show is free for children 3 and under. Doors open at 5 p.m. For more information, call 252-3965.

The Sailing & Outdoor Adventure Center has scheduled four Mt. Fuji trips this year, so you'd better hurry and make reservations now before they sell out. This is a once in a lifetime opportunity to conquer the highest mountain in Japan. All are weekend trips and cost \$99 per person. The trips depart on Friday at 3 p.m. and return on Sunday at 2 p.m. The next scheduled Friday departure dates are: July 22, August 12 and August 26. Sign up early to guarantee a seat on the bus. For more information call 252-3500.


The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 28, courtesy of your MWR Department. The bus departs Main Base from the bus stop located across from the Commissary at 11 a.m., noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

The MWR Travel & Tours Office and the Main Base USO Lounge have moved to temporary quarters near the NEX Barber/Beauty Shop complex. The Travel & Tours Office and USO Lounge will remain at the new location throughout the summer months while renovation work is underway at the Fleet Landing site. Telephone numbers and hours of operation will remain the same for both facilities. For more information, call 252-3433.

Every Wednesday night is Bingo Night at the Harbor View Club. The first number is called promptly at 6 p.m. and players will start winning cash shortly thereafter. Blackout jackpots often exceed \$1,000. Free munchies are available and the bar will be open so you can purchase your favorite beverages. For more information, call 252-3965.

Japanese are the consummate bureaucrats. That is to say, they relish the interaction of bureaucratic process. The filling out of forms, the submission of those forms to clerks, the review of these forms, with the placement of appropriate stamps in exactly the appropriate places, and then repeating that process with other clerks, so they may do the same at those places on the forms reserved for them.

Americans are often frustrated, due to lack of language understanding and patience, when the clerk you confront passes your form back to you, with a terse explanation that someone else needs to stamp it before they may even look at it. There is no “Express Lane” in a Japanese governmental office. Each customer who enters will take a seat, awaiting their turn at the counter. When it comes, they will politely present their documents for scanning by the clerk on duty.



Once the clerk accepts them, the customer will return to his or her seat to peaceably await the circuitous travels of their paperwork through the hive of desks, until the clerk calls them back up to the counter to receive their prize.



Jerry Havens
FFSC Supervisory Programs
Manager

Something I particularly like about bureaucracy in Japan is its freedom from graft or worries of manipulation by unscrupulous clerks.

The hard working minion who populate Japanese offices, in direct contact with customers, are virtually universally honest to a fault.

However, there is a phenomenon that does occur, where a disgruntled counter employee may play with customers through withholding of the stamp needed to progress to the next level of the game.

These are usually individuals who have been passed over for promotion or other recognition, and who use the “power” of their position to deny easy approval of a customer’s request for petty reasons.

While they would never actually turn someone away, they can make you fume as you fill out new forms using the correct color ink, ensuring the information is in the correct blocks, etc.

The honesty of Japanese bureaucrats, clerks, store personnel, police officers, and all others we deal with on a daily basis gives us a strong sense of comfort and security.

Knowing that the customs official inspecting your bags at the airport won't expect a ¥5,000 note tucked into your passport to get through customs; that the policeman pulling you over for a traffic violation isn't just fishing for a bribe; that the people getting their paperwork done before yours wasn't due to any cash they may have slipped to the clerk.

Indeed, graft and all of the other aspects of illicit business practice that can be found in many nations the world over does exist in Japan, but only at the highest levels – usually transparent to us peons.

The purchase of favors, contracts, good will, and such is very much a Japanese method of doing big business, dating back to feudal times. But at our level of business conduct, our hosts are immune to such material temptations.

Schedule for July 8 - 31		Movie schedule is subject to change without notice.	
SHOWBOAT Telephone: 252-3822		 HARIO VILLAGE Telephone: 252-8753	
FRIDAY, JULY 8		FRIDAY, JULY 8	
6:30 p.m. (PG) • *Kicking and Screaming 9:30 p.m. (R) • *Crash *Premiere		6:30 p.m. (PG-13) • Batman Begins 9 p.m. (R) • Unleashed	
SATURDAY, JULY 9		SATURDAY, JULY 9	
6:30 p.m. (PG) • Kicking and Screaming 9:30 p.m. (R) • Crash		2 p.m. (PG-13) • Batman Begins 6:30 p.m. (PG-13) • Monster-In-Law 9 p.m. (R) • Unleashed	
SUNDAY, JULY 10		SUNDAY, JULY 10	
6:30 p.m. (PG-13) • XXX: State of the Union 9:30 p.m. (R) • House of Wax		2 p.m. (PG) • Hitchhiker's Guide to the Galaxy 6:30 p.m. (R) • Kingdom of Heaven	
MONDAY, JULY 11		THURSDAY, JULY 14	
6:30 p.m. (R) • Kingdom of Heaven		6:30 p.m. (PG-13) • Cinderella Man	
TUESDAY, JULY 12		FRIDAY, JULY 15	
6:30 p.m. (R) • Unleashed		6:30 p.m. (PG) • Kicking and Screaming 9 p.m. (R) • Crash	
WEDNESDAY, JULY 13		SATURDAY, JULY 16	
6:30 p.m. (R) • Crash		2 p.m. (PG) • Kicking and Screaming 6:30 p.m. (PG-13) • Mr. & Mrs. Smith 9 p.m. (R) • Crash	
THURSDAY, JULY 14		SUNDAY, JULY 17	
6:30 p.m. (PG-13) • Mr. & Mrs. Smith		2 p.m. (PG-13) • Star Wars: Episode 3 6:30 p.m. (R) • Unleashed	
FRIDAY, JULY 15		 Kicking and Screaming (PG)	
6:30 p.m. (PG-13) • Star Wars: Episode 3 9:30 p.m. (PG-13) • *War of the Worlds *Premiere		Starring: Will Ferrell Robert Duvall Kate Winslet Mike Ditka & Musetta Vander	
SATURDAY, JULY 16		Phil Weston is an average Joe who's had to put up all his life with his overly competitive father, Buck. When Phil decides to coach his 10-year-old son's soccer team, he goes head-to-head for the league championship against Buck, who coaches his own young son on the greatest team of the league. Old scores come into play as Phil and Buck find themselves going to extreme measures to win the championship trophy.	
6:30 p.m. (PG-13) • War of the Worlds 9:30 p.m. (R) • *Mindhunters *Premiere			
SUNDAY, JULY 17			
6:30 p.m. (PG-13) • Batman Begins 9:30 p.m. (PG-13) • War of the Worlds			



CFAS Celebrates Independence Day July 3, 2005





Over 7,000 visitors celebrated America's birthday at Fleet Activities Sasebo (CFAS) during the base's second annual Open Base Independence Day Celebration July 3. Ship tours, static displays, food and vendor booths, games and a series of concerts and performances, including rock and R&B, Sasebo Idol, and Japanese Yosakoi dancers and Taiko drummers added a unique American and Japanese flavor to the day's events. (Photos by Charles Howard, JO1(SW) Ron Inman, PH1(SW) Paul Phelps, JO2(SW) Brian Biller, PH3(AW) Yesenia Rosas and JOSN Jeff Johnstone)

Sasebo Boys & Girls Clubs working to establish National KidsDay

Frank DeSilva
MWR Marketing

The Boys & Girls Clubs of Sasebo have joined a national effort to establish National KidsDay (NKD) as an “official day” on our nation’s calendar. The effort is backed by research showing that millions of Americans recognize the link between spending “meaningful time” with their kids and the tough issues facing youth, but say they don’t have the time, skills or resources to do as much for their children as they feel they should.

In Sasebo, National KidsDay will be

celebrated on Saturday, August 6 with thousands of parents and kids participating in an event at Hario Ball Field.

Boys & Girls Clubs of America and KidPeace created National KidsDay in 2001 to foster stronger relationships between adults and children by educating them on the importance and value of spending such meaningful time together.

All families experience the pressures

of contemporary life, regardless of their economic status, ethnicity, cultural background or location. These pressures directly affect the amount of positive, quality time they are able to devote to their children. National KidsDay provides the opportunity for every adult to take a break, celebrate and renew their commitment to the nation’s children.



In Sasebo, parents and kids will gather at Hario Ball Field for a full day of family activities that celebrate meaningful time. The event runs from Noon until 6 p.m. A family movie in the park is scheduled to begin at 7 p.m.

“National KidsDay has continued to grow since it was created in 2001. Our goal is to have the president declare National KidsDay an ‘official day’ on the national calendar by 2006, the 100th anniversary of the founding of Boys & Girls Clubs of America,” said Christina Sparks, MWR Youth Director.

Second phase of Showboat Theater construction now underway

Frank A. DeSilva
MWR Marketing

Moviegoers are asked to bear with construction work at the Showboat Theater now that phase two of a \$300,000 renovation project is finally underway. Work on the major improvement project, the result of customer feedback generated from the Navy-wide Center of Excellence customer-driven improvement process earlier this year, began on June 20 and will continue until the end of October 2005.

The work involves expanding the ticket office, lobby and snack bar area by nearly 800 square feet, making the facility more functional and comfortable for patrons of all ages.

A temporary entrance to the theater has been created at the side exit door facing the theater parking lot, along with a temporary snack bar operation. Portable restrooms are located near the



A \$300,000 expansion project is currently underway at the Showboat Theatre. The project began June 20 and will continue until October. (Released by CFAS Public Affairs)

back of the theater for patron use during the construction process.

Theater hours have been adjusted to accommodate moviegoers as much as possible throughout the construction project.

Only one movie showing will be offered from Monday through Thursday (evenings). Two showings will be offered Friday, Saturday and Sunday evenings during the construction process, while matinee showings will be limited to the Hario Village Theater only during this period.

When the project is completed, the 337-seat Showboat Theater will have a totally new snack bar with state-of-the-art equipment and new ‘stateside’ food items, a new ticket booth, a new lobby area, an improved air conditioning system and improved lighting throughout. Plans also call for the installation of several video games in the lobby area. Restroom facilities will also be renovated.

Essex, from Page 2

realized the monetary value of the gift but seemed well-amused by the surplus of balloons and plates of food. The topper: ice cream.

Young Chieri, 5, was one of the about 55 children delightfully devouring her food, a combination of hot dog, hamburger, ham, vegetables and mashed potatoes with the help of Boatswain’s Mate Third Class (SW/AW) Kathleen E. Devey.

“It’s a great thing to be able to help the Japanese in this way,” said Devey. “Although there is a language barrier, hand gestures are universal.”

Aerographer’s Mate First Class Carlin D. Maxwell organized the event. Through the ship’s chaplains office, he invited the childrens’ homes to participate and then mobilized Essex Sailors to volunteer. Essex Sailors prepared the food.

Maxwell said he has a special place in his heart for the youth. When he retires from the Navy in two years, Maxwell plans to work with a children’s home.

“I’ve always had a soft spot for these children,” said Maxwell, a father of three. “And I’m sure [Petty Officer] Lee felt the same way.”

In the kitchen, Essex Sailors performed as if underway. Culinary Specialist Third Class Barbara

Rodriquez directed the kitchen team. Aviation Boatwain’s Mate First Class (SW/AW) Dennis Boyle watched closely over the grill. It was a total team effort.

“This event means a lot because it reminds me that I’m not just in the military, I’m a human being as well,” said Rodriquez. “I know that by helping out, I’m doing a little bit for their future, giving them a better place to be in.”

Rodriquez said she was inspired to participate in the children’s home feast because of a previous community service activity that had visible impact. That one took place in Jebel Ali, U.A.E., at a local school while Essex Sailors were underway.

Just before leaving on Essex’s last deployment, Sailors spent time with the kids.

That was where the seed was planted for Lee to help the underprivileged youth out in a much bigger way.

Throughout the deployment, she received contributions and patch requests that made the donation pot grow more and more.

“She had the biggest heart,” said Sampson. “Seeing how happy everyone is here, I think this is what [Petty Officer] Lee wanted.”

New ombudsman has high hopes

J02 (SW) Brian P. Biller
USS Harpers Ferry Public Affairs

USS Harpers Ferry (LSD 49) named Mrs. Jamie N. Yenco as its new ombudsman June 28.

“I decided that I would like to participate in the ombudsman program because I wanted to play an active role in my husband’s ‘other’ life,” she said. Yenco added that she finds being part of a Navy family is both challenging and rewarding. With difficult deployments and unforeseen problems that arise, Yenco wants to be a useful resource for Sasebo families, and those back in the states.

“You are my link and direct liaison with our families,” said Harpers Ferry Commanding Officer, Cdr. Marlin C. Anthony. Anthony added that the ombudsman position is a vital resource, assisting the command in caring for the

needs of Navy families.

The next support group meeting is scheduled for July 17 at 6 p.m. at Puck’s Café adjacent to the Harborview Restaurant. Yenco hopes for a strong turnout.

In addition to attending all the meetings, Yenco is planning a command newsletter and also hopes to coordinate command events.

“There are many excellent resources available here in Sasebo and I plan on making sure that these tools are visible to everyone by communicating regularly with families,” she said.

“There is a very receptive command family support team onboard Harpers Ferry, and I am very glad to be a part of it,” she added.

Yenco can be reached at <jyenco76@yahoo.com>. Welcome Aboard!

COMMAND
CONNECTION

EVERY TUESDAY
5:30 – 6 P.M.


1575 AM
THUNDER RADIO

- 7 -

Sasebo

SOUNDINGS

CLASSIFIEDS

VEHICLES

(Exp. July 23) **1994 Nissan March**. JCI - May '07. Great car. New speakers and CD player available July 31. \$2,000. Email <stephen@essex.navy.mil> or call 090-3604-9096 after July 15.

(Exp. July 23) **1996 Mitsubishi Galant**. JCI - May '06. Power everything, Great A/C, stereo, CD, Casette. Great car for single or family. \$3,000 or best offer. Call 080-5216-1242 or 090-7535-9117.

(Exp. July 23) **2003 Suzuki Lets**. Only 283 kilometers on odometer. \$750. Call 0956-34-4124 or 0907-446-1968 (cell).

(Exp. July 16) **1995 Nissan Pulsar**. JCI - June '06. Great A/C, stereo/CD. \$1000 (OBO). Call 28-7322 or 080-3172-3429.

(Exp. July 16) **1996 Honda wagon**. JCI - '06. Runs great, roomy. \$1,500. Call 252-2557.

(Exp. July 16) **1992 Toyota Emina**. JCI - Dec. '06. Seats eight, asking \$3500 (OBO). Call 252-8581.

(Exp. July 16) **1994 Nissan March**. JCI - '07. \$2,200 (OBO). Call 252-7416.

MISCELLANEOUS

(Exp. July 16) Free hamsters. If interested please call 252-7404 or 090-2088-4149.

(Exp. July 16) PCSing, giving away female cat. 12 months old, has up-to-date vaccinations from on-base vet. Declawed, spayed, has microchip. 090-5477-1643.

(Exp. July 16) Phone rights for sale, \$150. Call 252-8386 or 090-9487-6699.

(Exp. July 16) Turtle, free to good home. Small turtle with glass cage, rocks, sunning stones and food. Leaving for summer - must find new home quickly. Call 090-1924-3616 or 090-3882-8616 after 3 p.m., or e-mail <secondwind53@hotmail.com>.

(Exp. July 16) Cannon 35mm AE-1 Program camera, (2) 50mm lenses, (1) 75-200mm lens, (1) auto/manual flash, filters, travel hard case and soft camera case with strap. Asking \$200. Call 252-3152 or 080-5281-0944, ask for David.

(Exp. July 16) Blue race car twin bed, \$75, 14-foot trampoline \$75. Carpet, dark maroon with specks of blue, only had for six months, fits living room in four-bedroom townhouse. Paid \$400, will sell for \$200. Call 252-8581.

(Exp. July 16) Phone rights for sale, \$250. Call 252-7416.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext.7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at pacificpixels.com. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655.

Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English. private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>.

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@cfas.navy.mil>, or call 252-3485/3409.

University of Phoenix

Summer Sale!!!

FREE FREE FREE FREE

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Master of Management ONSITE

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"plus many other programs"

START SAVING and LEARNING TODAY!!

Call Mike for more information about this great deal! 252-3044 or Mike.Bormann@phoenix.edu



WHAT'S HAPPENING?

Fit 4 Fuji

May 1-July 31

Prepare to climb Mt Fuji, this summer...get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. Simply take advantage of programs with Outdoor Recreation (hikes and kayaking classes), as well as numerous fitness opportunities such as lap swim, group exercise classes, Fun Run events or intramural sports with Fleet or Hario Fitness Centers and you're on your way! For more information call 252-3500.

TRICARE Service Center

Questions about your benefits?

Claims? Enrollment?

LCDR Sheila Hewitt – TRICARE Officer 252-2565

Ms. Chisato Suzuyama – TRICARE HBA 252-2571

Ms. Gina Gagui – TRICARE Enrollment 252-2572

TRICARE Service Center

Overseas (including TRICARE Pacific)

1-888-777-8343





NAVY

PFM

Personal Financial Management

BUILD YOUR DREAMS

Financial Savings Plan



FFSC offers the following Financial Classes and Services:

For more information on FFSC's financial classes and services, call 252-3604/3121.

The Center

☒ Checking Account Management

☒ Credit Management

☒ TSP Program Awareness

☒ Car Buying Strategies

☒ Home Buying Workshop

☒ Savings & Investment Workshop

☒ Kids Financial Planning Workshop

☒ Command Financial Specialists Training

☒ Individual Financial Counseling

ICE

WHAT: The Interactive Customer Evaluation

(ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfas.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E.Rumard, CFAS Command Chaplain at 252-3380.

HOME & WHITE

Now thru July 10

25% off entire stock of HARBOR HOME

25% off on entire stock of Bath Accessories Shown



ZENITH® Bath Accessories

Creative Bath Coordinating Bath Accessories



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Healthometer Bath Scales

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YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

Parenting and Child Care

www.navyonesource.com



Effective parenting and quality child care are important issues for young families in today's Navy. The military way of life presents both advantages and unique challenges; however, there are many programs in place to help parents give their children the best start possible to a healthy and productive life.

On Navy installations, the Fleet and Family Support Center provides parenting information and support, while the Child Development program will work with you on meeting your child care needs in a safe and secure environment. Be sure to check out the parenting information from the DoD Healthy Parenting Initiative, found on the Military HOMEFRONT website www.militaryhomefront.dod.mil (click on *Troops and Families*, then *Parenting*).

Additionally, Navy OneSource supports families no matter what time of day or where folks are located. Available by phone and online, Navy OneSource is ready to assist with information and resources on issues surrounding parenting and child care.

This month Navy OneSource is featuring the booklet, *Questions Parents of Toddlers Ask*. Receive a *free* copy of this booklet by calling a consultant or ordering online on the Navy OneSource website.

These resources are just a sampling of the many life articles and booklets available through **Navy OneSource**. In partnership with Fleet and Family Support Centers, Navy OneSource provides beneficial resources and information to help you meet the challenges and enjoy the opportunities of military life.

For more information on everyday life issues, call and talk with one of our Master's degree-level consultants.

Get in touch with Navy OneSource today

Stateside: 1-800-540-4123

Overseas: 800-5404-1233* or call collect: 484-530-5914

* Note, when dialing local access numbers, local phone charges may apply.

Navy OneSource is available at no cost to you.

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To reach a Spanish speaking consultant – En español llame al 1-877-989-5392. Navy One Source also offers simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible by calling 1-800-346-9388.

Online: www.navyonesource.com

User ID: Navy Password: Sailor







Fleet Gym 252-3588

Hario Gym 252-8691

Basketball beatdown at Fleet Gym: BLF bombards Harpers Ferry, 62 - 48

JOSN Jeff Johnstone
CFAS Public Affairs

Basketball fans were treated to an old fashioned trouncing as BLF ran roughshod over their Harpers Ferry opponents, 62 - 48 during intramural basketball action Tuesday, June 5 at the Fleet Gym.



BLF's Kasey Harvey scours the court for an open teammate as he drives down the court during intramural basketball action Tuesday night at the Fleet Gym. Harvey and BLF topped Harpers Ferry 62 - 48. (U.S. Navy Photo by JOSN Jeff Johnstone)

Led by the scoring of Jimmy Barnes (20 points) and Mike Green (19 points) BLF rolled to a convincing victory.

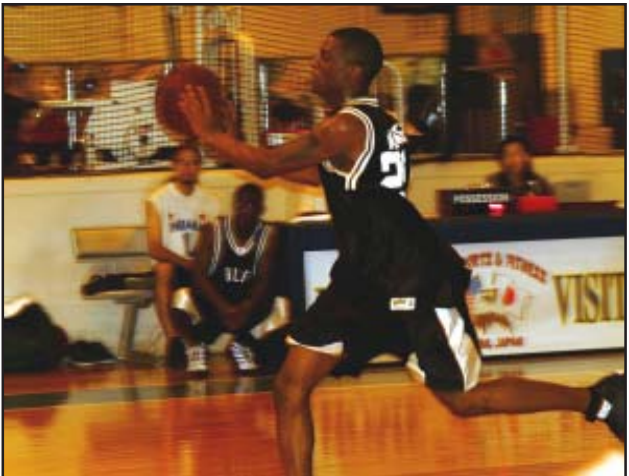
BLF began fast and furious, tallying an 18 - 5 lead early in the first half. BLF's defense blanketed Harpers Ferry in the early minutes, putting them out of the running very early.

Mistakes were few and far between for the BLF's ballers, as they kept Harpers Ferry off the free throw line and kept the turnovers to a minimum.

This was not the case for their opponents. While Harpers Ferry was able to crash the boards a respectable amount, often their efforts were negated by errant passes downcourt, oftentimes going to the other team, or out of bounds for a turnover.

After falling behind 18 - 5 early, Harpers Ferry would begin to get a grip, albeit a shaky one, as they went toe-to-toe with BLF, getting outscored 19 - 18 going into the half. Your halftime score was 37 - 23, in favor of the boys in black.

The second half began promising for both teams, as they exchanged buckets for the first few minutes. Harpers Ferry would come as close as they would get for this game, closing the gap to 48-40 midway through the



BLF's Mike Green launches a pass during a fast break. Green had a strong showing, finishing second in scoring for BLF with 19 points. Jimmy Barnes led the squad with 20. (U.S. Navy Photo by JOSN Jeff Johnstone)

second half.

Unfortunately for Harpers Ferry, they would begin to unravel in the end, being outscored 14 - 8 in the final minutes and ultimately dropping the game.

Fitness Tip: Understanding, boosting your metabolism

Alec Culpepper
MWR Fitness and Aquatics Director

Part 2 of a 3 part series Your Exercise Routine

If you are already doing cardiovascular exercise you are ahead of the game. Running is one of the best ways to fire up your metabolism.

To get maximal metabolic boost, you need to add weight training. Tweak your running workouts as well, and try twice-a-day workouts on occasion.

Lift Heavy!

Weight Lifting is an excellent four-in-one attack on your lazy metabolism. It not only burns gobs of calories, elevating your activity

metabolism while you're lifting, but also can cause an "after burn" (the period of time your basal metabolism remains stoked by the weight session) that can last for 48 hours. Plus, weight training builds muscle, which increases your basal metabolism permanently.

Finally, it stimulates your body to produce more Human Growth Hormone (HGH), which helps increase muscle mass and burn fat. If you seriously want to crank your metabolism through running, you'll have to add some speed to your program.

Fast running burns lots of calories and comes with an hour or more of after burn. It is becoming fairly clear that metabolism does remain elevated for at least a couple of hours after the workout—assuming the workout was somewhat taxing. Plus, fast running stimulates your body to produce more HGH.

Runners get Independence Day celebration off to fast start...



Michael Little (foreground) and Brett Blanton (background) pound the pavement during the Freedom 5K run kicking off the Independence Day festivities Sunday, July 3. (U.S. Navy Photo by JOSN Adam Cole)

Upcoming Sports

What: Adult Splash-n-Dash
When: Sunday 17 July 8:30 a.m.
Where: Main Base Pool

What: PRT Command Challenge 3k
When: Friday 29 July 6:30a.m.
Where: Nimitz Park

Spring Softball Standings

Total Force	25	1
Fire Dreams	15	2
Crush	15	6
Fort McHenry	12	5
Guardian	4	2
Dragons	16	8
Squirrels	13	11
Patriot	10	12
Iron Gators	5	7
Harpers Ferry	10	14
Bonecrushers	9	14
Shooters	6	10
Educators	3	10
Security	4	15
Young Gunz	2	11

Sports Results

Independence Soccer Tournament

Champions: Essex Iron Gators
Runner-Up: Fire

Independence Golf Tourney

Champion (Championship Flight): **James Richards**
Champion (Master Flight): **Chris Alford**
Champion (Fleet Flight): **Charles Howard**
Champion (Hackers Flight): **Abe Couterut**

Longest Drive:
Edward Santos (#6)
John Doyle (#12)